



THE ULTIMATE SUGAR REPLACEMENT™

Join the Swervolution!

A Discussion on Sugar: Public Enemy No. 1



Join Molly and the Tour Bus to Learn:



Molly Kimball, RD, CSSD
Nutrition Writer
& National Speaker



- Why blood sugar matters
- How sugar is metabolized (the “blood sugar roller coaster effect”)
- Myth busting weight management woes
- The path to better energy and less stress!

Thursday, March 24, 7 p.m.

RSVP: 816-746-0010

BRIARCLIFF VILLAGE
4175 N. Mulberry Drive
Kansas City, MO 64116



GREENACRES MARKET
Your healthy food experts

  greenacres.com